WELLINGTON **KNOXVILLE**

MARCH 2025

Saturday, 3/1

10:00 - Devotions 11:00 – Listening to the Oldies 2:00 - Sweet Treats 3:00 - Afternoon Stroll 4:00 – Back Patio Sitting

Sunday, 3/2

10:00 - Finish Bible Quotes 11:00 - Lassie 2:00 - Sweet Treats 3:00 – Temple Baptist Church 4:00 – This Day in History

Monday, 3/3

10:00 – Remember When 10:30 – Little House on the Prairie 2:00 – Filling up Bird Feeders 3:30 - Movers & Groovers 4:00 – Back Patio Relaxation "Bird Watching"

Tuesday, 3/4

10:30 – Spiritual Highway 11:30 – Puzzle Pals 2:00 – I Love Lucy 3:00 – Walking the Community 4:00 - Mindful Meditations

Wednesday, 3/5

10:00 - News, Views & Coffee Brews 1:00 - Chair Yoga 2:00 - Sweet Treats 3:00 – Balloon Bop 4:00 – Movers & Groovers Walking Club

Thursday, 3/6

10:00 – Devotions 11:00 – Sweating to the Oldies 1:30- Back Patio Sitting 2:00 - Game Shows 4:00 – The Heartland Series

Friday, 3/7

10:00 - Devotions 11:00 – Sit N' Be Fit 1:30 – Word Search 2:30 – Walking Warriors 3:00 – Movie Night "UP"

Saturday, 3/8

10:00 – News, Views & Coffee Brews 11:00 – Manicures & Music 2:00 – Sweet Treats 3:00 – Balloon Bop 4:00 - Relax & Re-set

Sunday, 3/9

10:00 – Finish Bible Verses 11:00 – Sweating to the Oldies 1:00 – Back Patio Sitting 3:00 – Temple Baptist Church 4:00 - Music & Memories

Monday, 3/10

10:00 - News, Views & Brews 11:00 – Dancing to the 50's 1:00 – Movers & Groovers Walking Club 3:00 – Word Search 4:00 – Bird Watching

Tuesday, 3/11

10:00 – Devotions & Sing Along 11:00 – Chair Yoga 1:00 – Back Patio Sitting 2:30 - Puzzles & Pals 4:00 – Little House on the Prairie

Wednesday, 3/12

10:00 – Devotions 11:00 – Twist & Shout! 1:00 – Filling up Bird Feeders 3:00 – Sweet Treats 4:00 – Bird Watching

Thursday, 3/13

10:00 - Devotions & Old Baptist Hymns 11:00 - Dancing to the Oldies 1:00 – Back Patio Sitting 3:00 - Working Puzzles 4:00 – Listening to Music

Friday, 3/14

10:00 – Devotions 11:00 – Noodle Volleyball 1:00 – Cruising the Neighborhood 2:00 – Word Search 3:00 – Andy Griffith

Saturday, 3/15

10:00 - Devotions 11:00 - Sweating to the Oldies 2:00 – Back Patio Sitting 3:00 - Bowling 4:00 - Afternoon Relaxation

Sunday, 3/16

10:00 – News, Views, & Coffee Brews 11:00 - Chair Yoga 2:00 – Back Patio Sitting 3:00 – Temple Baptist Church 4:00 - Afternoon Stroll

Monday, 3/17

Happy St. Patricks Day "Wear GREEN" 10:00 – Devotions & Sing Along 11:00 - Sweating to the Oldies 1:00 – Walking Warriors 3:00 – Shamrock Shakes 3:30 - Movie Night

Tuesday, 3/18

10:00 – Devotions & Doughnuts 11:00 – Chair Exercises to 50's Music 1:00 – Back Patio Sitting 2:00 – Sweet Treats 3:00 – Read Aloud Readers Digest

Wednesday, 3/19

10:00 – Coffee, Cocoa 11:00 – Sit N' Be Fit 1:00 – Game Shows 2:00 – Sweet Treats 3:00 – Andy Griffith

Thursday, 3/20

First Day of Spring 10:00 – News, Views & Coffee Brews 11:00 – Sweating to the Oldies 1:00 – Sweet Treats 2:00 – Looking at old photo albums 3:00 – Afternoon Relaxation

Friday, 3/21

10:00 – Devotions & Sing Along 11:00 – Chair Yoga 1:00 – Gun Smoke 2:00 – Balloon Bop 3:00 – Coffee & Chit Chat

Saturday, 3/22

10:00 – Devotions 11:00 – Sweating to the Oldies 1:00 – Back Patio Sitting 2:00 – Sweet Treats 3:00 – Walking Warriors

Sunday, 3/23

Along 2:30 – Sweet Treats

Monday, 3/24

10:00 – Devotions 11:00 – Chair Aerobics to the Oldies 1:00 – Sweet Treats 2:00 – Coffee, Crosswords & Conversations 3:00 - Back Patio Bird Watching

Tuesday, 3/25

- 10:00 Devotions 11:00 – Sit N' Be Fit
- 2:00 Sweet Treats
- 3:00 I Love Lucy

Wednesday, 3/26

- Along 2:00 – Sweet Treats
- 3:00 Balloon Bop

10:00 – Devotions & Sing

11:00 – Sweating to the Oldies 1:30 – Music & Memories 3:00 – Temple Baptist Church

1:00 – Coffee & Conversations

10:00 – Devotions & Sing

11:00 – Sweating to the Oldies 4:00 – Drum Session

Thursday, 3/27

10:00 – News, Views & Coffee Brews 11:00 – Chair Yoga 2:00 – Sweet Treats 3:00 – Gun Smoke 4:00 – Walking the Neighborhood

Friday, 3/28

10:00 – Devotions & Doughnuts 11:00 – Sittercise 2:00 – Sweet Treats 3:00 – Back Patio & Bubbles 4:00 - Movie Night Residents Choice

Saturday, 3/29

10:00 - Devotions 11:00 – Chair Yoga 1:00 – Back Patio Sitting 2:00 – Bird Watching 2:30 – Filling up Bird Feeders

Sunday, 3/30

10:00 – News, Views & Coffee Brews 11:00 – Chair Exercises 1:00 – Back Patio Sitting 2:00 – Sweet Treats 3:00 – Temple Baptist Church

Monday, 3/31

- 10:00 Devotions
- 11:00 Listening to the Oldies
- 1:00 Back Patio Sitting
- 1:30 Making Sun Tea
- 2:30 Puzzle Pals



Wellington Manor Knoxville Memory Care